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MORE THAN FRIENDS JEN FINDS BLISS WITH NEW BEAU

{page 10}

EDMONTON metro®
Tuesday, June 28, 2011
www.metronews.ca
News worth sharing.

†THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk® bars (365) for 25 years OR cheque for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

Crash victim allegedly snatched and beaten

Man in hospital after allegedly being pulled from vehicle, beaten inside south Edmonton residence: Police ▶ Police say occupants of both vehicles involved likely knew one another

Police are looking for three suspects after a two-vehicle collision early yesterday turned into an alleged kidnapping and beating.

Officers were called to Scott Crescent near Terwillegar Drive in the southwest corner of the city around 8 a.m. because a neighbour heard cries for help following an SUV ramming into a car.

EPS spokesperson Chad Orydzuk said the collision "appeared to be deliberate."

"Four males emerged from one vehicle and all grabbed the other driver, the other male, and took him to a residence ... where they allegedly assaulted him," said Orydzuk.

The man was able to escape and was taken to hospital with minor injuries.

Police took one man into custody, but the three others are still at large.

"The investigation is in its preliminary stage," said Orydzuk. "However this does not appear to be a random act."

HEATHER MCINTYRE

Case file

- EPS was unsure if a gun was involved in the incident, so the tactical team was called in to clear the house.
- Police say it's unclear at this time whether gangs or drugs were involved in the incident.

Shedding. Light

▶ Coun. Amarjeet Sohi, left, and Chamber of Commerce president Martin Salloum take part in the Points of Light procession yesterday at city hall. Racism Free Edmonton's 16 partners, including the chamber, unveiled 23,000 signatures collected in a campaign launched last fall.

SHELLEY WILLIAMSON/METRO

Edmonton's anti-racism campaign now 23,000 strong

Violent video games

Courts side with gamers

U.S. Supreme Court tosses out violent-games ban for minors ▶ Fairy tales cited {page 4}

Beach body secrets

Eating clean equals lean, fitness guru says {page 12}

Primate in space

Western leaders go ape over Iran's plan to send a monkey into space {page 6}

You're about to have mail

Postal workers are back on the job as of today {page 7}

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Transit-shield plan discarded

Barriers eyed after severe beating of driver in 2009 Lack of contact, poor air circulation, manoeuvrability cited by drivers as drawbacks

SHELLEY WILLIAMSON
@METRONEWS.CA

The city has opted against transit shields, but the transit union's leader said they were never the answer.

"The drivers just didn't think it was a necessity," said Stu Litwinowich, president of ATU local 569.

The move to pilot two barrier options on a handful of bus routes followed a violent attack on operator Tom Bregg in December 2009.

Gary Mattson punched Bregg, pulled him out of the bus and stomped on his head, leaving the veteran driver blind in one eye.

Ron Gabruck, in charge of transit security, agreed shield prototypes revealed there is work to be done before they would work for city buses.

Litwinowich said he would prefer more peace officers than the additional 10 slated for transit this week, which will bring the total to 61.

"I asked for 20. I got 10," said Litwinowich.

He thinks fines for acts like spitting and abusing other riders or drivers, which a council committee is considering raising, should get tougher.

"It's going to get stiff," said Litwinowich. "There is a certain percentage of the population that has no control over their behaviour. I say fine them."

WITH FILES FROM THE CANADIAN PRESS

Driver security

- The shields tested included one with a sliding door and one with a hinged door.
- Edmonton-St. Albert MP Brent Rathberger tabled Bregg's Law, calling for dangerous-offender status for violent attacks on drivers.
- Mattson read a letter at the conclusion of his dangerous-offender hearing yesterday, admitting responsibility and blaming alcohol.

SHELLEY WILLIAMSON/METRO

Protective shields aren't the answer for bus drivers' safety and were dropped as a usable option this week, according to the city's transit union boss.

Man charged with murder

Edmonton police have charged a Mississauga, Ont., man with second-degree murder after a 36-year-old woman's body was found in the Yellowhead Inn last Wednesday morning.

The victim has been identified as Cindy Gladue.

Bradley Barton, 42, was arrested in Calgary last Friday.

28 The number of homicides EPS has recorded in the city so far in 2011.

EPS has also identified William Arthur Reid Hill, 57, of an unknown address, as the city's latest homicide victim.

Hill was found deceased in a house at 109 Avenue and 97 Street last Thursday evening. METRO

SHELLEY WILLIAMSON/METRO

Forensics on scene at the Yellowhead Inn June 22.

News in brief

Savings smooth the roads

CONSTRUCTION. Because of low construction costs for the 23 Avenue–Gateway Boulevard interchange project, the city will be able to reinvest $12 million in an additional 21 mill-and-overlay projects. For the locations, visit edmonton.ca. METRO

Baby choker gets 6.5 years

FATHER SENTENCED. James Vanderham, who pleaded guilty for assaulting his ten-week-old baby in 2008, was sentenced yesterday to six and a half years in prison. METRO

1 news

Forgotten about the last pandemic? Luckily, very smart people are thinking about the next one. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Allan Small says it's time for investors to take advantage of great buying opportunities. More at metronews.ca/investing

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Violent games win court fight

Minor's video game law overturned by U.S. Supreme Court ▶ Games get First Amendment protection ▶ Developers and sellers celebrate decision

Proposed law

- **California's 2005 law** would have prohibited anyone under 18 from buying or renting games that give players the option of "killing, maiming, dismembering, or sexually assaulting an image of a human being."
- **Parents** would have been able to buy the games for their children, but retailers selling directly to minors would have faced fines up to $1,000 per game sold.
- **Children** would have needed an adult to get games like Postal 2, the first-person shooter by developer Running With Scissors that features the ability to light unarmed bystanders on fire.
- **The law never took effect.** Lower courts have said the law violates minors' constitutional rights.

The U.S. Supreme Court has refused to let California clamp down on the sale or rental of violent video games to children, saying governments lack authority to "restrict the ideas to which children may be expose" despite complaints that the popular and fast-changing technology allows the young to simulate acts of brutality.

Yesterday, on a 7-2 vote, the high court upheld a federal appeals court decision to throw out California's ban on the sale or rental of violent video games to minors. The 9th U.S. Circuit Court of Appeals in Sacramento had ruled that the law violated minors' rights under the First Amendment, and the high court agreed. There is no definitive proof that violent video games cause harm to children, or any more harm than another other form of entertainment, said Justice Antonin Scalia, who wrote the majority opinion. He noted there is no tradition in the United States of restricting children's access to depictions of violence, pointing out the violence in the original depiction of many popular children's fairy tales like Hansel and Gretel, Cinderella and Snow White. THE ASSOCIATED PRESS

DISSENTING JUDGES' OPINIONS

Justices Clarence Thomas and Stephen Breyer agreed the California video game ban should have been upheld,

Breyer said the court's decision creates an insurmountable conflict in the First Amendment, especially considering that justices have upheld bans on the sale of pornography to children.

"What sense does it make to forbid selling to a 13-year-old boy a magazine with an image of a nude woman, while protecting the sale to that 13-year-old of an interactive video game in which he actively, but virtually, binds and gags the woman, then tortures and kills her?" Breyer said.

Two other justices indicated they would be willing to reconsider their vote throwing out the law. THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ JT Taga-Anderson, 9, left, and Mika Taga-Anderson, 13, play Grand Theft Auto IV in Los Altos, Calif., Sunday.

UBC creates 'Bikeability Index'

University of British Columbia researchers are pedalling past the old adage "You are what you eat" to propose that bike-friendly city design can have a revolutionary impact on health and fitness.

Arguing the blueprint of a community influences the amount of physical activity its citizens get, they propose the new saying should be "You are — where you live."

The team has created the "Bikeability Index," a mapping tool that scores neighbourhoods on how accommodating they are to cyclists. Lead researcher Megan Winters said the team's primary goal is to deliver the maps to the hands of urban planners who can use them as visual aides to identify which areas of a city should be improved to promote a cycling breakaway.

THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS

▶ A cyclist rolls down a bicycle lane in downtown Montreal last August.

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Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2011. PLEASE QUOTE: "SALES REPRESENTATIVE - EDMONTON" in the subject line. All submissions will be treated as confidential.

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BARING THE TRUTH ABOUT LINGERIE

SHE SAYS ...

JESSICA NAPIER
METRO

Women are better dressers than men; even when they're undressed.

Nine out of 10 men arrive in the bedroom clad in novelty print boxer shorts or a pair of briefs with elastic that gave up three weeks ago. Strangely, they expect their female bedmates to put a little more effort into their costume choices.

This is what keeps Victoria's Secret in business.

The bright pink lingerie mecca is an exhilarating place to be. Undergarments are mounted in displays with their own built-in lighting. Walls are lined with fragrances that have ambiguously sexy names like Fantasies, Attractions and Bombshell and all smell exactly the same. There are 11 different styles of underwear. ELEVEN.

After roaming the cavernous rooms of bras and body lotions, you enter a boudoir-like dressing room that will make you feel like you're preparing to go on stage at the Moulin Rouge. Inside the dimly lit cubicle you will struggle into a corset-style contraption that actually makes you look amazing. With lace, ribbons and plenty of boning, it's possible to convince yourself that you, too, are worthy of a pair of angel wings.

> **"For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home."**

Before you know it, you're intoxicated on the scent of Very Sexy Summer and you have dropped $200 on an embroidered baby doll and two containers of mango temptation body butter.

For the next 30 minutes you are the sexiest woman in the world. You ooze sensuality as you strut through the mall; nothing could kill your buzz. Until you get home.

Back in the harsh reality of your well-lit apartment you begin to think that maybe you don't actually look that fantastic squeezed inside this torture device masquerading as underwear. All of a sudden those feathers don't make you look fun and flirty; they make you look like a slutty Muppet.

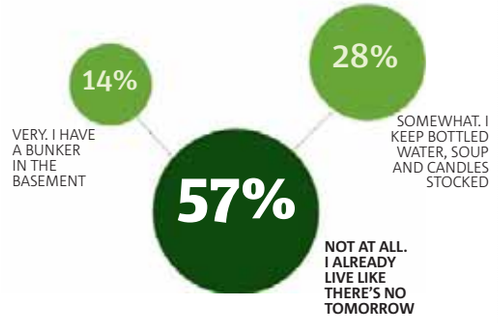
Worst of all is the realization that nothing in your wardrobe is capable of concealing this getup. You would need to wear a burlap potato sack in order to hide the awkward lines and protruding ruffles attached to the apparatus that is now trying to suffocate you.

Since real life doesn't permit "let me slip into something more comfortable" opportunities, you will ultimately decide to ditch your fancy lingerie in favour of a practical tummy-trimming spandex number with a decidedly un-sexy name like Spanx. This, of course, will lead to the eventual Bridget Jones moment you have been dreading, where you are discovered to be the sensible, high-waist, control-top woman that you have been trying to hide all along.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

How prepared are you for a natural disaster?



Local tweets

- **@scotty-bomb:** Haven't been up this early for work in a few weeks. Ugh. Wizard needs coffee badly. #amzombie
- **@YonathanS:** @Suzanna-Martin saw #yeg police stop morning traffic to help baby ducks get over a curb. Bet they didn't expect to start Monday like that!
- **@robmcl:** "This road has a lot of potholes," notes daughter, as we rattle down Connors Rd., gateway to #yegdt with closure of Scona Rd. #yeg-traffic
- **@Mr_Raza:** #yegtransit people claw tooth and nail to get a seat. #morningbattle
- **@JoshStock:** #yegtransit Drink guys with bicycles on the train. It's not even 6pm yet. Are you kidding me????
- **@theleanover:** 20 minutes to kill on 124th street so of course I'm looking at the Lemays at the Douglas Udell Gallery. #yeg #yegart
- **@RevealingAssets:** Okay, so who hit the "repeat" button on mother nature? Could you turn it off now? #yegweather

Worth mentioning

OTTAWA. Canadians are a talented bunch with a lot of bright ideas — but we struggle to cash in on those ideas. That's the conclusion of a new report by an advisory body to the federal government on science and technology matters.

The Science, Technology and Innovation Council's report, to be released today in Ottawa, found Canadian businesses don't spend nearly as much on research and development (R&D) as other countries.

And that could affect Canada's ability to turn ideas into products and services that can be sold globally.

"An excellent talent pool and increased efforts by government, higher education and some industries are not preventing stagnation in Canada's overall innovation performance," the report says.

"Despite an overall economic performance the past two years that has exceeded that of its major trading partners, the current level of effort by all performing sectors has not been sufficient to bring Canada's expenditures in R&D to the G7 average."

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Iran ready to monkey around in space

Iran says it plans to send a monkey into space next month as the next step in a space program that Western leaders worry could also bring major advances in Iran's missile arsenal.

The state-run news agency IRNA quotes the head of Iran's space agency yesterday as saying that five monkeys are undergoing tests and one will be selected for the flight on a Kavoshgar-5 — or Explorer-5 — rocket.

Last year, Iran announced it had launched a rocket carrying a mouse, turtle and worms into space.

The U.S. and allies are concerned the technology in the space program could also be used to develop long-range missiles with possible nuclear warheads.

Iran denies it seeks nuclear arms and says it wants only energy-producing reactors.

THE ASSOCIATED PRESS

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HMV Canada gets cash infusion

Company hopes more product categories, loyalty cards and revamped stores will boost flagging sales

The new owner of 121 HMV stores in Canada has agreed to invest up to $25 million to fund the evolution of the music, video and game retailer as it adjusts to the digital world.

Paul McGowan, chief executive of Hilco UK, said yesterday that HMV Canada's management team has a plan to maintain sales of CDs, DVDs and Blu-rays at its stores, though he didn't go into details.

"The new product categories it is introducing to the business will help sustain sales levels during the transition of entertainment sales into the digital realm," he said.

HMV has been reworking many of its Canadian stores to focus on a broader selection of music- and film-related products, including T-shirts, headphones, video game controllers, mobile phones and other electronics, in an effort to curb declining revenues as disc sales weaken and more shoppers opt to download content.

The company said it would disclose its next steps within weeks.

Hilco UK, a specialist in restructuring retail businesses, paid the equivalent of about $3.2 million to British retailer HMV Group PLC to buy the Canadian stores.

Hilco is expected to dig deep into HMV's operations to figure out where corners can be cut.

THE CANADIAN PRESS

Download spiral

- **HMV has been struggling** in recent quarters to overcome the downturn in sales of CDs, tapes and DVDs.
- **The growing popularity of** digital forms of music, video and text has had a devastating impact on some retailers and their suppliers.
- **In May, Blockbuster** Canada went into receivership. Nearly 150 Canadian Blockbuster stores were closed this month.

Oh goodie, more bills: Posties back on job

Canadians can expect to find bills, letters and magazines in their mailboxes once again.

Canada Post says mail delivery will resume today, after Parliament passed back-to-work legislation over the weekend.

However, the Crown corporation warns it will take time to get back to "normal delivery standards" due to a backlog of unprocessed mail.

Some workers continued to man picket lines early yesterday, but Canada Post spokesman Jon Hamilton said there's no reason to believe that lingering resentment over the strike will further disrupt mail service.

"There's no question we're going to have to, you know, rebuild relationships and figure out a way that we can work together to build a postal system that's going to serve Canadians well into the future."

THE CANADIAN PRESS

Chug. A-lug

▶ Emily van der Wall of Sotheby's wine department holds an imperial — equal to eight bottles — of Chateau Petrus 2000 at Sotheby's London yesterday. The imperial is expected to fetch up to $41,000 at auction on July 6.

AKIRA SUEMORI/THE ASSOCIATED PRESS

Something for the cellar

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
↑	↑	↓	$4.256 (+ 2.7¢)
+ 57.6 (12,966.5)	+ 0.03¢ (101.35¢ US)	- 55¢ ($90.91 US)	Gold contracts $1,496.40 (- $4.50)

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2 scene

Back in the writer's seat

Nia Vardalos teams up with Tom Hanks (again) to write Larry Crowne ▶ She dishes to Metro on working with Hanks, her latest project and heading to Winnipeg this summer

NED EHRBAR
SCENE@METRONEWS.CA

Actress, writer and director Nia Vardalos admits that she actually loathes writing — except when it's for Tom Hanks, who's been a close friend and colleague since he produced her first film, My Big Fat Greek Wedding.

The pair teamed up for the script of Hanks' latest, Larry Crowne, so hopefully that writing experience wasn't too terrible. Metro caught up with the Winnipeg native to talk about working with Hanks, heading home this summer and the legacy of her breakthrough film.

How is Tom as a boss?
Well, besides the alcoholic blackouts, he's awesome (laughs). Clearly, you see him. He's one of the most gregarious, fun-loving, well-read, interesting people I've ever met — who happens to be married to my fantastic friend, Rita Wilson. They're just a stellar, shining example of people who have maintained their civility and humanity in a cesspool of an industry. And I just love them both.

What makes the three of you click so well?
We're all dorks, and we like to laugh at ourselves and each other.

It's been almost 10 years since My Big Fat Greek Wedding.
Isn't it hilarious? Just today in Times Square, a gaggle of beautifully black-haired Japanese girls screamed when then saw me. They were all going for their cameras, and this one girl kept bowing and saying, "I am Toula! I am Toula!" That makes me cry. That's a really cool feeling.

How have you dealt with the pressure of having such a big hit right out of the gate?
Some people ask me that, but I just don't feel it. I don't think of things that way. I'm such an optimist, I feel no pressure whatsoever. I don't look at anything in terms of monetary success because that's rather gauche.

I just kind of look at it as that movie opened so many doors for me. I met fantastic people, I had dinner with the Queen of England and I met Elton John, and these are not things that I ever aspired to. I never even dared to hope that they would happen. So I don't think of anything as a pressure. It's just, "What's next?"

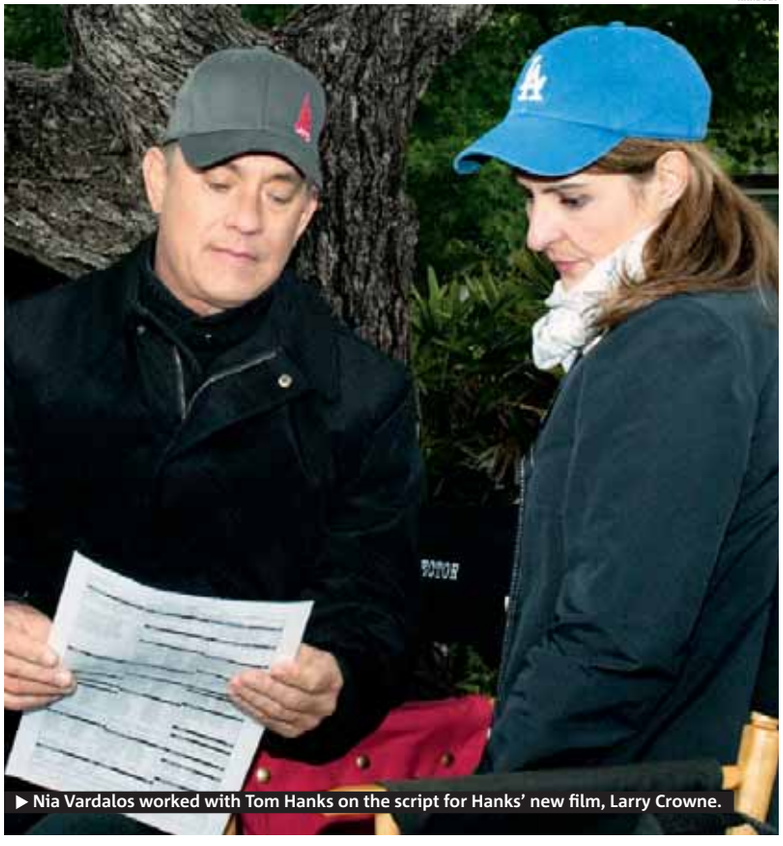
You're going home to Winnipeg soon to film an American Girl movie.
Yeah, I'm really excited. I'm giddy about getting the chance to go back to Winnipeg and spend some time with my family, but also that I got offered a role that I didn't write. I think I Tweeted out that it's another sign of the rapture.

What are you looking forward to most about going back?
I'm looking forward to hanging around with family, and my daughter having time with grandparents and cousins.

And also I'm actually a huge fan of the American Girl series because they promote girl power without being anti-boy, and I like that. I don't believe in an us-or-them mentality. Even with Bridesmaids making such a huge splash, I didn't see it like, "Yeah! One for the women!" That is, I feel, pandering to us. We know we're funny. It's one for comedy. I just love that entire movie, and that's how I feel about American Girl — not the same, G versus R. But, it's about empowerment and about being your best you without it being at the expense of another of the other gender.

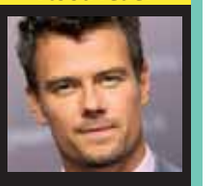
An R-rated American Girl movie would be very interesting, though.
You're right, you're right. We should write that.

HANDOUT



▶ Nia Vardalos worked with Tom Hanks on the script for Hanks' new film, Larry Crowne.

Flood relief



Hollywood actor and Minot, North Dakota native Josh Duhamel has been named honorary chairman of a fund set up for the city's flood recovery. The fund will help Minot and the surrounding area with grants for construction materials, mortgage help, household items and other needs.
THE ASSOCIATED PRESS

Recession-wary performers turn Las Vegas Strip into parade of characters.

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Aniston wearing heart on sleeve

42-year-old actress makes it clear she is smitten with new boyfriend Justin Theroux ▶ Says she is 'extremely happy' about her personal life

ALL PHOTOS GETTY IMAGES

Jennifer Aniston enjoying time with new boyfriend Justin Theroux — and is even willing to talk about it.

When asked during a Good Morning America interview if she's happy in her personal life right now, the former Friends star responded, "Yes, I'm very happy. I'm extremely lucky, and I'm extremely happy."

Aniston even brought Theroux along for her Inside the Actors Studio taping, according to People magazine.

"Whenever there would be a lull, she would just look at him and give him a wink and go back to what she was doing," an audience member tells the magazine. METRO

▶ Jennifer Aniston

Celebrity tweets

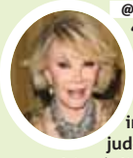
@EvaLongoria

"Sorry I'm on vacation! I'll tweet more when I'm back!"

@BruckheimerJB

"Some of my dogs have been walking around the office wearing cone collars lately - thankfully, they're getting better now"

@joan_rivers



"Poor Lindsay Lohan spends so much time in front of judges, her latest driver's license picture was done by a courtroom sketch artist."

@joelmchale

"Boston... Every eatery cllaims "Award Winning Chowder". Either there's way too many chowder contests or "award" is now part of the title."

Engagement revealed as New York reverses law

Neil Patrick Harris and boyfriend David Burtka took the opportunity of New York legalizing same-sex marriage to reveal that they're engaged — and have been for some time. "David and I did propose to each other, but over five years ago," Harris posted on Twitter. METRO

Goddess Two packs her bags

Charlie Sheen has lost another "goddess," as girlfriend Natalie Kenly reportedly moved out of his Mulholland Estates mansion last week, according to TMZ. METRO

▶ Shia LaBeouf

Shia is Pho in love

Five months after meeting at an L.A. karaoke club, Shia LaBeouf says he and stylist girlfriend Karolyn Pho are still going strong — and Pho is even helping broaden his palate. "[Karolyn's] having me try different things. I was scared of fish, 'cause of my upbringing, being Jewish. Gefilte can ruin your entire seafood life," LaBeouf tells the Los Angeles Times. METRO

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ISTOCK PHOTOS

▶ A new study shows that low vitamin D levels can lead to higher MS susceptibility.

MS linked to low sun

New study lends credibility to the theory that vitamin D a modifiable factor in disease risk ▶ Experts speculate it leads to abnormal response

CELIA MILNE
LIFE@METRONEWS.CA

It's a wicked combination that puts people at risk for multiple sclerosis: Low levels of sunlight plus "kissing disease."

Researchers at the University of Oxford in the U.K. have found that people who live far from the equator (in countries like Canada) and have had mononucleosis are at much greater risk for developing MS.

"It is an important finding because it adds weight to the possibility that vitamin D can be considered a modifiable factor when it comes to increased MS risk," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada.

Researchers in England studied records for Britain's National Health Service over seven years; they identified 56,681 cases of MS and 14,621 cases of mono. They also studied NASA data on sun intensity over the country. They found that the effects of sun exposure plus mono together explained 72 per cent of variance in the occurrence of MS across the U.K.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility."
DR. KAREN LEE

They speculated that not having enough vitamin D in your body leads to an abnormal response to the very common Epstein-Barr virus, the virus that causes mono.

Perhaps vaccines for the Epstein-Barr virus, as well as widespread use of vitamin D supplements, could lead to fewer cases of MS, they reported.

"This study adds to increasing evidence implicating low vitamin D exposure to higher MS susceptibility," says Lee. "Additionally, it directly links two well-known suspects in MS susceptibility — vitamin D and the Epstein Barr virus."

The U.K. study was published in the prestigious journal Neurology.

Vitamins

How much vitamin D do you need?

▶ **The more sunlight the better** Because Canada has relatively low levels of sunlight, make sure you get enough vitamin D. "There is a growing body of evidence that vitamin D can help prevent MS and other diseases," says Karen Lee, a scientist and assistant vice president of the MS Society of Canada. Health Canada recommends 600 IU of vitamin D through daily food intake and up to 4000 IU through supplementation.
CELIA MILNE

3 life

Fitness pick

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Aging baby boomers eating up physician resources with chronic illnesses: survey

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Aug 8–12 *(Ages 11–14)* & Aug 15–19 *(Ages 15–17)*

MacEwan GRIFFINS

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Clean eating

Choose foods that:

- Have no fake flavouring.
- Don't last for months in the cupboard but go off relatively fast as they contain no preservatives.
- Have no more then five or six ingredients.
- Are close to their natural state: an apple looks the same as hanging off the tree but fries look nothing like a potato.
- Contain no ingredients you can't pronounce.

Get your beach

The guys at Bodyism Clinic are responsible for the strong,
Co-owner James Duigan tells us how to get ready for

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It's summer! But hear us out before you commit to some crazy juice fast and jog around your block 50 times to get into your teeny tiny bikini (or trunks).

James Duigan's book, "Clean and Lean: Flat Tummy Fast!" aims to get you toned and washboarded in just 14 days and before you gasp, yes it's possible.

"There are three crucial elements to change; nutrition, movement and mindset," says the co-owner of Bodyism.

Nutrition and mindset: eat 'clean'

"All transformation happens in the mind. The rest is details," says Duigan.

> **"Sugar is a fattening toxin that causes wrinkles and adds a layer of flesh to your tummy."**
> JAMES DUIGAN

He believes that a body can only be lean if it's clean.

"So many people have a toxic relationship with food that stops them from being clean."

The body stores toxins in its fat cells so if your diet is toxic, yes you will eventually lose fat, but slowly, as these will have no where to go but right back in your system, making you to feel tired and low in energy.

Ironically, some diets make us more toxic, and weight loss becomes a struggle.

Duigan swears by "clean," toxin free foods that are natural and unprocessed devoid of chemicals to lose the weight and keep it off.

"Sugar is the number one culprit for getting out of shape," says Duigan who refers to it as a "nuclear fat bomb" exploding all over your body. It converts to fat quicker than fat itself as sugary foods raise insulin levels, triggering fat storage. He also points out that sugar speeds up the breakdown of collagen, a protein found in the connective tissue of the skin that helps keeps it plump and firm, excessive consumption causing the skin to sag and wrinkle prematurely.

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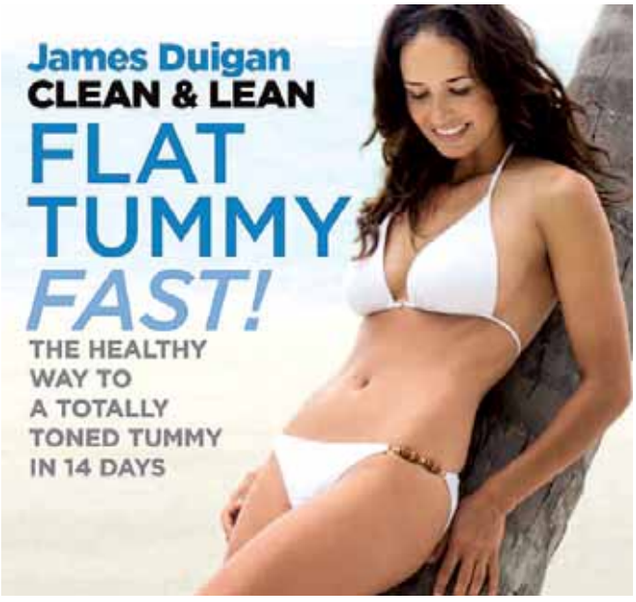
body ready right now

lean body of Transformers 3 actress and star Rosie Huntington Whiteley the dreaded flesh-baring season and what to avoid at all costs



This takes us to cravings, as Duigan describes sugar as being both physically and emotionally addictive.

Physically, we get an instant energy buzz from eating it (it has the same effect on the brain as pain killing drug morphine) and emotionally, we associate eating it with some sort of "reward."

Duigan wants you to live by a new mantra.

"Sugar is a fattening toxin that causes wrinkles, makes you feel tired and malnourished and adds a layer of flesh to your tummy."

Cut out the C.R.A.P.

Caffeine: OK in small doses. For coffee, more than two cups a day is excessive and for green tea, have no more than six cups a day.

Refined sugars: These are no-nos: fruit juice, white bread, cakes and anything ending in 'ose' (fructose, glucose, sucrose)

Alcohol: It's full of sugar and stimulates the production of the hormone oestrogen in the bloodstream that promotes fat storage.

Processed Foods: These break all the rules as they have been stripped of their natural goodness.

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Laissez faire L'Azia fare

While it boasts an elegant look, this restaurant needs work in few areas

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA

I adore the Wildflower Grill, L'Azia's sister restaurant, so I was looking forward to this meal. Without reservations, we were warned to clear the table within two hours and ended up in the preschooler prison of the mezzanine overlooking L'Azia North.

I quickly decided on an Asian Feature dish ($14.95) and white sangria ($5.95) from the outstanding, globally-inspired menu. Then we waited. Servers loitered by their station in the packed restaurant.

Eventually, I received my meal — half chilled and half tasty. The sweet and sour short ribs were lovely, as were the prawns, but the pasta was inedible.

I only drank a bit of the watery, heavily lychee-flavoured sangria. Our server cleared away our plates without comment.

Elegant L'Azia is a feast for the eyes, and the menu is a wonder. Perhaps my poor experience was a result of time of day or because I brought the kids along, but I think I will return to Wildflower instead.

CHRISTOPHER THRALL

▶ The Asian Feature dish ($14.95)

L'Azia North
13503 St. Albert Trail
780-488-3823
Category: Date, friends, family and co-workers
Licensed: Yes
Price range: Mid
Rating: 3 out of 5

Walnut Ice Cream Bonbons

Preparation:

1. Scoop 12 small round balls of ice cream with a melon baller and insert lollipop stick into centre. Freeze for at least 30 minutes.
2. Meanwhile, in bowl, combine walnuts, maple syrup, sugar and cinnamon, stirring well to coat.
3. Pour mix onto parchment-lined baking sheet, spreading into one layer. Bake in a 200 C (400 F) oven for 10 mins, stirring once in between, until light golden. Let cool.
4. Melt chocolate wafers in microwave for three 30-second increments, stirring in between. Dip one ice-cream lollipop into chocolate, gently shaking off excess and roll bottom in walnut mix. Return to freezer until ready to serve. Repeat with remaining bonbons.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS

Ingredients:

- 500 ml (2 cups) ice cream
- 12 lollipop sticks
- 250 ml (1 cup) walnut pieces, coarsely chopped
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) dark brown sugar
- 5 ml (1 tsp) cinnamon
- 375 ml (1 1/2 cups) dark chocolate melting wafers

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DINING WITH THE BOSS, 101

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

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Dear Charles the Butler,
My wife and I have been invited for the first time to my boss's house for dinner. We are both very nervous. We live a casual lifestyle, but my boss and his wife live very formally. Tips please!
Nervous Couple

Dear Nervous couple: Going to your employer's for dinner is stressful at the best of times.

But alas, one must overcome social fears, especially if one wishes to succeed in long-term business relationships.

Etiquette is about confidence building, allowing you to be comfortable in most situations.

As a child, my parents laboured tirelessly to teach me table manners — no fingers even for chicken wings! I fought them both tooth and nail.

Soon enough I noticed that when I went to my friends' houses for dinner, their parents would say, "Why can't you learn to eat correctly like Charles?" And that made me feel proud and confident.

Here is all you need to know to enjoy dinner with your boss — with confidence.

1. Take the time to learn how to correctly hold and use a fork and a knife — and practice, practice practice. If at any point you don't know what to do, take a deep breath and follow the hostess.

2. Read the newspaper for one week prior to the dinner. This will allow you to be aware of what is going on in the world and contribute to the discussion with confidence.

3. Look at the invitation to see what the dress code is and if it's not clear don't be afraid to call and ask. If you are dressed appropriately you will feel more comfortable at the dinner.

4. Last but never least, be yourself! Don't put on any pretence — being sincere and genuine is by far the most important. Now go and have a great time!

ISTOCK IMAGES

▶ Brush up on the latest news, master your table manners, but most importantly, be yourself when invited over to someone's home for dinner.

7 drawbacks of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I've worked at home for more than 25 years and almost everyone I know who doesn't, envies me.

There are workplace benefits galore: short commute, no wardrobe issues, few distractions, no time clock and excellent coffee.

But it's not Shangri-La. So as a public service to all you work-at-home wannabes, here is a list of drawbacks.

Make working from home effective with a strict schedule and a Do Not Disturb sign.

-ALISON'S MONEY RULE

1. The if-you're-at home-you-can't-be-working effect

This can range from unexpected and unwanted drop-ins during prime work hours to family calling for a lengthy chinwag.

2. No water cooler!

It can get lonely with no coworkers for time-wasting chats.

I've found myself trying to keep delivery people hanging around for company.

3. No work, no pay.

Sure you can take a break or vacation any time you want, but when you're not working you don't get paid.

Most self-employed people I know rarely take holidays. And sick days? Forget about it!

4. The office is always open.

Nights and weekends are fair game because the office is right there.

Even on a Sunday morning an unfinished job seems to find you and push the guilt button.

And employers know you're there so they don't hesitate to call outside normal office hours.

5. Hey! I'm working here!

Guests never seem to get it that you have a job to do when you're in the office. Recently I had a visitor who loudly sang off key while I tried to work to a deadline.

6. Too many bosses!

Everyone you do business with is a potential boss. Juggling them all is often a challenge.

7. The kids hate it.

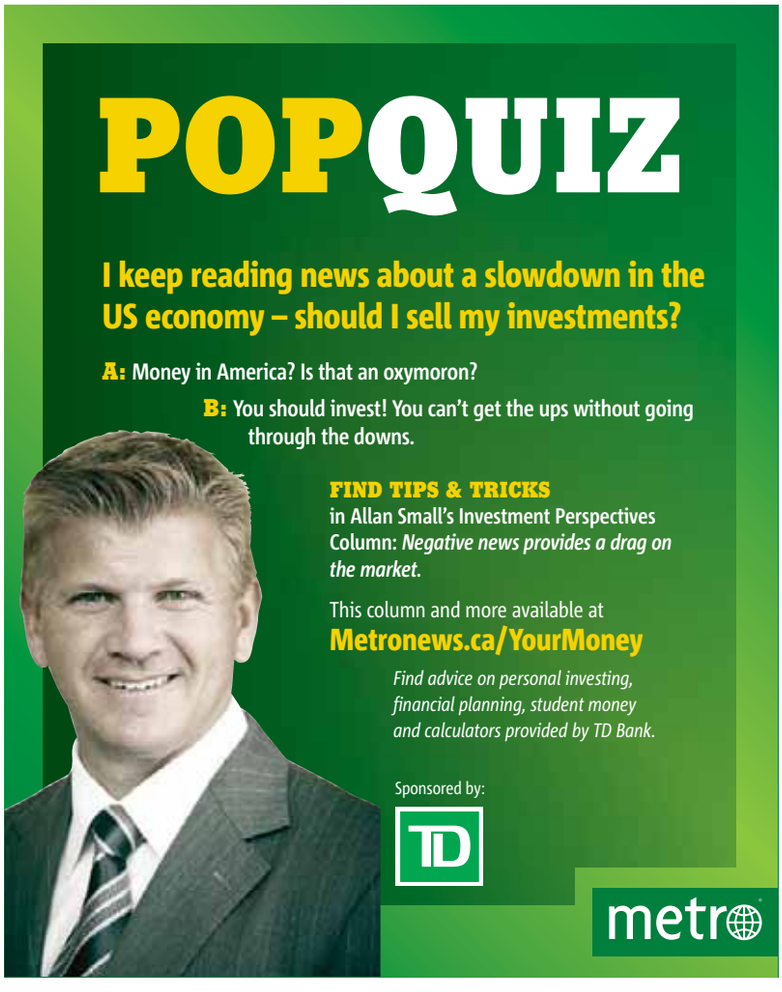
When mine were in the tween and teen years they yearned to be latchkey kids. How can you get into after school trouble if Mom is always there when you get off the school bus?

ISTOCK IMAGES

▶ Working out of your house may not be an office paradise.

Homebodies

- Nearly 12 per cent of all paid employees in Canada work at home.
- 25 per cent work at home because it is a job requirement.
- 23 per cent work at home because they prefer the working conditions.



4 sports

Quoted

"I expect a real motivated, real focused guy, and a guy whose body and his injury is ready to go. He's really well beyond (ready), so I think he'll be at full-go coming into training camp and really motivated."

PENGUINS COACH DAN BYLSMA ON STAR CENTRE EVGENI MALKIN, WHO HE SAYS IS PROBABLY "ALREADY READY TO GO" FOR THE START OF NEXT SEASON FOLLOWING RECOVERY FROM TORN LIGAMENTS IN HIS RIGHT KNEE. HE ALSO SAID CAPTAIN SIDNEY CROSBY HAS BEEN CLEARED BY DOCTORS FOR TWICE-PER-DAY, OFF-ICE WORKOUTS.

Wimbledon. Big names bounced

▶ Venus Williams returns a shot to Tsvetana Pironkova yesterday.

THE ASSOCIATED PRESS

Williams sisters exit Wimbledon, as does Wozniacki

Venus and Serena Williams were both eliminated in the fourth round of Wimbledon yesterday, the first time in five years that neither sister will play in the quarter-finals at the All England Club.
Also knocked out was top-seeded Caroline Wozniacki, who fell 1-6, 7-6 (5), 7-5 to No. 24 Dominika Cibulkova.
Six-time men's champion Roger Federer survived a scare, dropping his first set of the tournament before coming back to down Mikhail Youzhny 6-7 (5), 6-3, 6-3, 6-3 to reach his 29th successive Grand Slam quarter-final.

Sinclair a reluctant hero

Canadian soccer captain tries to avoid the spotlight after playing through broken nose to score against Germany ▶ She may wear a face mask on Thursday when Canada returns to field

Christine Sinclair played the role of reluctant hero yesterday.

The Canadian soccer captain made headlines Sunday for bending in a free kick for a highlight-reel goal despite breaking her nose in a 2-1 loss to Germany at the FIFA Women's World Cup.

Within hours of the game, Sinclair was trending on Twitter, and still was a full 24 hours later.

"When I woke up for breakfast this morning, (teammate Robin Gayle) said, 'You can scrap it off your bucket list, you trended last night.' I said, 'I don't even know what that means,'" Sinclair said with a laugh.

But while the 28-year-old from Burnaby, B.C., might have been big news Sunday night, she wanted little to do with the spotlight the next day — especially if there were cameras involved. She met with a small group of reporters in a hotel lobby, but paused when she walked off the elevator and spotted a camera.

"There is nothing good about this," Sinclair said, pointing to her nose and frowning.

Sinclair had her nose broken by a hard elbow from Germany's Babett Peter, but stayed in the game — against the wishes of the team's medical staff.

She had her nose reset in a Berlin hospital, and spent yesterday morning being fitted for a protective face mask. She isn't thrilled with the thought of wearing it Thursday when the sixth-ranked Canadians face No. 7 France in a game Canada can't afford to lose.

"It was painful, but there was so much adrenalin."
CHRISTINE SINCLAIR

"I'm going to try to convince (the medical staff) to not make me wear it," Sinclair said. "I've heard it's not fun to wear. Your vision is limited."

The mask is similar to the one worn by Italian soccer star Marco Materazzi or Detroit Pistons guard Richard Hamilton.

For now, she has a flesh-coloured hard brace protecting her nose.

Sinclair shrugged off talk of being a big deal back home.

"No, I have no idea, it's been a hectic day," she said. "I haven't even called my parents yet."

THE CANADIAN PRESS

Dodgers file for bankruptcy protection

One of baseball's proudest franchises is in tatters, its future to be decided not on the field but in the courtroom.

The Los Angeles Dodgers filed for bankruptcy protection in a Delaware court yesterday, blaming Major League Baseball for refusing to approve a multibillion-dollar TV deal that owner Frank McCourt was counting on to keep the troubled franchise afloat.

McCourt, upset that baseball commissioner Bud Selig rejected the proposed TV deal last week, hopes a federal judge will approve $150 million US in financing to be used for daily operations, which would give him more time to seek a more favourable media contract. A hearing is set for today in Wilmington, Del.

THE ASSOCIATED PRESS

EXTENSION

Canucks lock up Bieksa: Source

The Vancouver Canucks have kept Kevin Bieksa from hitting the market, signing the defenceman to a $23-million US, five-year extension.

The team wasn't expected to announce the deal yesterday, but a source confirmed it had been completed.

Bieksa would have become an unrestricted free agent on Friday.

THE CANADIAN PRESS

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION	W	L	Pct	GB
New York	45	31	.592	—
Boston	45	32	.584	½
Tampa Bay	44	35	.557	2½
Toronto	39	40	.494	7½
Baltimore	35	40	.467	9½

CENTRAL DIVISION	W	L	Pct	GB
Detroit	43	36	.544	—
Cleveland	41	36	.532	1
Chicago	38	41	.481	5
Kansas City	33	45	.423	9½
Minnesota	32	45	.416	10

WEST DIVISION	W	L	Pct	GB
Texas	41	38	.519	—
Seattle	39	39	.500	1½
Los Angeles	39	40	.494	2
Oakland	35	44	.443	6

NATIONAL LEAGUE

EAST DIVISION	W	L	Pct	GB
Philadelphia	49	30	.620	—
Atlanta	44	35	.557	5
Washington	40	38	.513	8½
New York	39	39	.500	9½
Florida	34	44	.436	14½

CENTRAL DIVISION	W	L	Pct	GB
Milwaukee	44	35	.557	—
St. Louis	41	38	.519	3
Cincinnati	41	39	.513	3½
Pittsburgh	39	38	.506	4
Chicago	32	46	.410	11½
Houston	28	51	.354	16

WEST DIVISION	W	L	Pct	GB
San Francisco	44	34	.564	—
Arizona	43	37	.538	2
Colorado	38	40	.487	6
Los Angeles	36	44	.450	9
San Diego	34	45	.430	10½

AMERICAN LEAGUE

Last night's result
Detroit 4 Toronto 2

INTERLEAGUE

Last night's results
Cincinnati 5 Tampa Bay 0
L.A. Dodgers 15 Minnesota 0
Cleveland 5 Arizona 4
Kansas City at San Diego
Washington at L.A. Angels
Atlanta at Seattle
Sunday's results
Detroit 8 Arizona 3
Boston 4 Pittsburgh 2
Baltimore 7 Cincinnati 5
Philadelphia 3 Oakland 1
N.Y. Yankees 6 Colorado 4
Tampa Bay 14 Houston 10
Kansas City 6 Chicago Cubs 3
Milwaukee 6 Minnesota 2
Washington 2 Chicago White Sox 1
Toronto 5 St. Louis 0
N.Y. Mets 8 Texas 5
L.A. Dodgers 3 L.A. Angels 2
San Francisco 3 Cleveland 1
Seattle 2 Florida 1 (10 innings)
Today's games
All Times Eastern
Boston (Beckett 6-2) at Philadelphia (Cl.Lee 8-5), 7:05 p.m.
Milwaukee (Greinke 7-2) at N.Y. Yankees (F.Garcia 6-6), 7:05 p.m.
N.Y. Mets (Dickey 3-7) at Detroit (Porcello 6-5), 7:05 p.m.
St. Louis (Lohse 7-4) at Baltimore (Britton 6-5), 7:05 p.m.
Pittsburgh (Correia 9-6) at Toronto (Jo-.Reyes 3-6), 7:07 p.m.
Cincinnati (Cueto 5-2) at Tampa Bay (Price 8-6), 7:10 p.m.
Texas (C.Wilson 7-3) at Houston (Lyles 0-2), 8:05 p.m.
L.A. Dodgers (Lilly 5-7) at Minnesota (Duensing 4-7), 8:10 p.m.
Chicago White Sox (Floyd 6-7) at Colorado (Hammel 4-7), 8:40 p.m.
Cleveland (Tomlin 9-4) at Arizona (D.Hudson 9-5), 9:40 p.m.
Florida (Vazquez 4-7) at Oakland (G.Gonzalez 6-5), 10:05 p.m.
Kansas City (F.Paulino 0-1) at San Diego (Richard 3-9), 10:05 p.m.
Washington (Marquis 7-2) at L.A. Angels (Pineiro 3-3), 10:05 p.m.
Atlanta (Hanson 8-4) at Seattle (Pineda 7-4), 10:10 p.m.

NATIONAL LEAGUE

Yesterday's result
Chicago Cubs 7 Colorado 3
Sunday's result
San Diego 4 Atlanta 1
Today's games
All Times Eastern
San Francisco at Chicago Cubs, 2:20 p.m. (1st gm)
San Francisco at Chicago Cubs, 8:05 p.m. (2nd gm)

TIGERS 4, BLUE JAYS 2

Toronto	ab	r	h	bi
YEscor ss	4	0	1	0
EThms lf	4	1	1	0
Bautist rf	4	0	2	1
Lind 1b	3	1	1	1
A.Hill 2b	4	0	1	0
CPttrsn dh	4	0	1	0
JMolin c	3	0	1	0
JMcDnl pr	0	0	0	0
J.Nix 3b	3	0	0	0
JRiver ph	1	0	0	0
RDavis cf	3	0	0	0
RSantg 2b	0	0	0	0
Totals	**33**	**2**	**8**	**2**

Detroit	ab	r	h	bi
Dirks cf-lf	3	0	0	0
Kelly 3b-rf	3	0	0	0
Boesch lf	4	1	2	0
Inge 3b	0	0	0	0
MiCarr 1b	4	1	2	0
VMrtnz dh	4	0	2	2
Ordonz rf	4	0	2	0
AJcksn pr-cf	0	1	0	0
JhPerlt ss	4	1	2	1
Avila c	3	0	1	0
Raburn 2b	4	0	1	1
Totals	**33**	**4**	**12**	**4**

Toronto	000	200	000	—2
Detroit	011	000	02x	—4

E—Jh.Peralta (4). DP—Toronto 2, Detroit 2. LOB—Toronto 6, Detroit 9. 2B—E.Thames (5), Bautista (12), Boesch (19), V.Martinez (20). 3B—Jh.Peralta (3). HR—Lind (16). SB—A.Hill (10), A.Jackson (13). S—J.Molina, Dirks.

Toronto	IP	H	R	ER	BB	SO
Z.Stewart	6	9	2	2	1	4
Frasor	1	1	0	0	1	0
Rzepczynski L,2-2	1-3	1	1	1	0	0
Camp	1-3	1	1	1	1	0
L.Perez	1-3	0	0	0	0	0
Detroit						
Scherzer	7	6	2	2	1	9
Benoit W,2-3	1	1	0	0	0	1
Valverde S,18-18	1	1	0	0	0	0

WP—Scherzer.
T—3:01. A—25,181 (41,255) at Detroit.

AUTO RACING

NASCAR SPRINT CUP

POINTS LEADERS

Through June 26

1. Carl Edwards, 573; 2. Kevin Harvick, 548; 3. Jimmie Johnson, 540; 4. Kurt Busch, 539; 5. Kyle Busch, 536; 6. Matt Kenseth, 521; 7. Dale Earnhardt Jr., 508; 8. Clint Bowyer, 496; 9. Jeff Gordon, 480; 10. Ryan Newman, 475.

TENNIS

WIMBLEDON

At London
Yesterday's results
MEN
Singles — Fourth Round

Rafael Nadal (1), Spain, def. Juan Martin del Potro (24), Argentina, 7-6 (6), 3-6, 7-6 (4), 6-4.

Novak Djokovic (2), Serbia, def. Michael Llodra (19), France, 6-3, 6-3, 6-3.

Roger Federer (3), Switzerland, def. Mikhail Youzhny (18), Russia, 6-7 (5), 6-3, 6-3, 6-3.

Andy Murray (4), Britain, def. Richard Gasquet (17), France, 7-6 (3), 6-3, 6-2.

Mardy Fish (10), U.S., def. Tomas Berdych (6), Czech Republic, 7-6 (5), 6-4, 6-4.

Jo-Wilfried Tsonga (12), France, def. David Ferrer (7), Spain, 6-3, 6-4, 7-6 (1).

Bernard Tomic, Australia, def. Xavier Malisse, Belgium, 6-1, 7-5, 6-4.

Feliciano Lopez, Spain, def. Lukasz Kubot, Poland, 3-6, 6-7 (5), 7-6 (7), 7-5, 7-5.

Doubles — Second Round

Bob and Mike Bryan (1), U.S., def. Alex Bogomolov, Jr., U.S., and Ivo Karlovic, Croatia, 7-6 (4), 6-4, 7-5.

Ashley Fisher and Stephen Huss, Australia, def. Eric Butorac, U.S., and Jean-Julien Rojer (9), Netherlands Antilles, 6-4, 6-3, 6-3.

Michael Llodra, France, and Nenad Zimonjic (6), Serbia, def. Somdev Devvarman, India, and Kei Nishikori, Japan, 6-3, 6-4, 7-6 (5).

Colin Fleming and Ross Hutchins, Britain, def. Grigor Dimitrov, Bulgaria, and Dmitry Tursunov, Russia, 4-6, 6-2, 6-7 (4), 6-2, 6-4.

Carsten Ball, Australia, and Santiago Gonzalez, Mexico, def. Chris Guccione, Australia, and **Adil Shamasdin, Pickering, Ont.**, 7-6 (4), 7-6 (6), 6-4.

Third Round

Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, def. Juan Ignacio Chela and Eduardo Schwank (12), Argentina, 7-6 (6), 7-6 (2), 7-6 (8).

Christopher Kas, Germany, and Alexander Peya, Austria, def. Kevin Anderson, South Africa, and Julian Knowle, Austria, 7-6 (5), 6-7 (1), 6-4, 5-7, 8-6.

Arnaud Clement, France, and Lukas Dlouhy, Czech Republic, def. Marcel Granollers and Tommy Robredo (14), Spain, 6-3, 7-5, 7-5.

WOMEN
Singles — Fourth Round

Dominika Cibulkova (24), Slovakia, def. Caroline Wozniacki (1), Denmark, 1-6, 7-6 (5), 7-5.

Victoria Azarenka (4), Belarus, def. Nadia Petrova, Russia, 6-2, 6-2.

Maria Sharapova (5), Russia, def. Peng Shuai (20), China, 6-4, 6-2.

Marion Bartoli (9), France, def. Serena Williams (7), U.S., 6-3, 7-6 (6).

Petra Kvitova (8), Czech Republic, def. Yanina Wickmayer (19), Belgium, 6-0, 6-2.

Tsvetana Pironkova (32), Bulgaria, def. Venus Williams (23), U.S., 6-2, 6-3.

Sabine Lisicki, Germany, def. Petra Cetkovska, Czech Republic, 7-6 (3), 6-1.

Tamira Paszek, Austria, def. Ksenia Pervak, Russia, 6-2, 2-6, 6-3.

Doubles — Second Round

Sabine Lisicki, Germany, and Sam Stosur, Australia, def. Vania King, U.S., and Yaroslava Shvedova (1), Kazakhstan, 6-4, 6-3.

Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, def. Bethanie Mattek-Sands and Meghann Shaughnessy (5), U.S., 3-6, 6-3, 6-2.

Nadia Petrova, Russia, and Anastasia Rodionova (6), Australia, def. Ana Ivanovic, Serbia, and Andrea Petkovic, Germany, 6-3, 3-6, 6-1.

Peng Shuai and Zheng Jie (8), China, def. Mariya Korytseva, Ukraine, and Tatiana Poutchek, Belarus, 6-3, 6-7 (6), 6-0.

Kimiko Date-Krumm, Japan, and Zhang Shuai, China, def. Chan Yung-jan, Taiwan, and Monica Niculescu (12), Romania, 6-2, 6-4.

Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (13), Poland, def. Natalie Grandin, South Africa, and Vladimira Uhlirova, Czech Republic, 4-6, 6-4, 6-4.

Cara Black, Zimbabwe, and Shahar Peer (14), Israel, def. Raquel Kops-Jones and Abigail Spears, U.S., 6-2, 6-3.

Angelique Kerber, Germany, and Christina McHale, U.S., def. Olga Govortsova, Belarus, and Alla Kudryavtseva (16), Russia, 2-6, 6-2, 6-1.

Sorana Cirstea, Romania, and Ayumi Morita, Japan, def. Sophie Lefevre, France, and Evgeniya Rodina, Russia, 7-5, 6-3.

Sara Errani and Roberta Vinci, Italy, def. Tsvetana Pironkova, Bulgaria, and Chanelle Scheepers, South Africa, 6-3, 6-1.

Third Round

Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, def. Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, 6-2, 6-1.

MIXED DOUBLES
Second Round

Mahesh Bhupathi, India, and Elena Vesnina (4), Russia, def. Stephen Huss and Anastasia Rodionova, Australia, 6-2, 7-6 (3).

Jonathan Erlich and Shahar Peer, Israel, def. Aisam-ul-Haq Qureshi, Pakistan, and Kveta Peschke (5), Czech Republic, 6-3, 6-1.

Rajeev Ram, U.S., and Alexandra Dulgheru, Romania, def. Philipp Petzschner, Germany, and Barbora Zahlavova Strycova (7), Czech Republic, 6-2, 7-5.

Daniel Nestor, **Toronto**, and Chan Yung-jan (8), Taiwan, def. Ashley Fisher, Australia, and Natalie Grandin, South Africa, 6-2, 6-3.

Jurgen Melzer, Austria, and Iveta Benesova (9), Czech Republic, def. Andreas Seppi and Alberta Brianti, Italy, 6-4, 6-3.

Eric Butorac, U.S., and Olga Govortsova, Belarus, def. Frantisek Cermak and Lucie Hradecka (13), Czech Republic, 6-2, 6-1.

Leander Paes, India, and Cara Black (14), Zimbabwe, def. Rogier Wassen, Netherlands, and Alicja Rosolska, Poland, 6-1, 6-4.

Andy Ram, Israel, and Meghann Shaughnessy (15), U.S., def. Ken Skupski and Elena Baltacha, Britain, 6-4, 6-4.

Feliciano Lopez, Spain, and Andrea Petkovic, Germany, def. David Marrero, Spain, and Andrea Hlavackova (16), Czech Republic, 7-6 (2), 6-4.

Eduardo Schwank, Argentina, and Alla Kudryavtseva, Russia, vs. Martin Damm and Renata Voracova, Czech Republic, 7-6 (3), 6-7 (5), susp., darkness.

JUNIORS
Boys
Doubles — First Round

Julien Cagnina and Joris De Loore, Belgium, def. Kimmer Coppejans, Belgium, and **Filip Peliwo, North Vancouver, B.C.**, 6-4, 6-2.

Girls
Singles — First Round

Eugenie Bouchard (5), Westmount, Que., def. Megane Bianco, Switzerland, 6-4, 6-2.

CFL

REGULAR SEASON

WEEK ONE

All Times Eastern
Thursday's game
B.C. at Montreal, 7:30 p.m.
Friday's games
Winnipeg at Hamilton, 6 p.m.
Toronto at Calgary, 9 p.m.
Sunday's game
Edmonton at Saskatchewan, 7 p.m.

GOLF

PGA TOUR FEDEXCUP LEADERS

Through June 26

	Points	Money YTD
1. Luke Donald	1,455	$3,550,248
2. Bubba Watson	1,448	$3,017,350
3. Mark Wilson	1,321	$2,690,688
4. Matt Kuchar	1,306	$2,878,861
5. Nick Watney	1,298	$3,073,233
6. David Toms	1,280	$2,920,730
7. Phil Mickelson	1,261	$2,496,784
8. K.J. Choi	1,236	$2,996,104
9. Gary Woodland	1,215	$2,363,652
10. Brandt Snedeker	1,191	$2,392,395
11. Steve Stricker	1,173	$2,561,139
12. Martin Laird	1,165	$2,348,956
13. Jonathan Byrd	1,154	$2,358,204
14. Webb Simpson	1,150	$2,286,892
15. Jason Day	1,141	$2,720,362
16. Rory Sabbatini	1,137	$2,200,867
17. Aaron Baddeley	1,112	$2,329,848
18. Fredrik Jacobson	1,112	$2,026,682
19. Hunter Mahan	1,032	$2,140,082
20. Charl Schwartzel	980	$2,080,921
21. Bill Haas	911	$1,695,915
22. Dustin Johnson	900	$1,947,228
23. Keegan Bradley	891	$1,822,168
24. Jhonattan Vegas	889	$1,564,296
25. Steve Marino	881	$1,739,966
26. D.A. Points	853	$1,683,006
27. Spencer Levin	825	$1,613,068
28. Ryan Palmer	815	$1,614,010
29. Jason Dufner	813	$1,678,060
30. Vijay Singh	799	$1,532,130
31. Brendan Steele	756	$1,460,104
32. Ryan Moore	737	$1,450,440
33. Y.E. Yang	728	$1,587,837
34. Brandt Jobe	707	$1,252,470
35. Tommy Gainey	701	$1,341,751
36. Lucas Glover	699	$1,377,188
37. Justin Rose	680	$1,342,182
38. Charley Hoffman	672	$1,072,198
39. Bo Van Pelt	665	$1,337,745
40. Charles Howell III	663	$1,213,495
41. Kevin Na	649	$1,233,265
42. Zach Johnson	638	$1,131,621
43. Robert Garrigus	629	$1,315,557
44. Harrison Frazar	624	$1,192,489
45. J.B. Holmes	617	$1,381,006
46. Robert Karlsson	609	$1,184,755
47. John Senden	607	$966,820
48. Brian Gay	600	$999,066
49. Rickie Fowler	548	$875,545
50. John Rollins	541	$960,036
51. J.J. Henry	541	$775,467
52. Charlie Wi	528	$968,001
53. Chris Kirk	527	$863,109
54. Brian Davis	524	$769,716
55. Jimmy Walker	506	$883,895
56. Carl Pettersson	503	$858,153
57. Kevin Streelman	503	$930,875
58. Robert Allenby	501	$894,412
59. Stewart Cink	493	$809,028
60. Adam Scott	492	$1,156,153
61. Brendon de Jonge	492	$644,788
62. Ricky Barnes	490	$835,810
63. Marc Leishman	485	$772,767
64. Ryuji Imada	481	$878,907
65. Graeme McDowell	479	$987,558
66. Kevin Chappell	476	$1,008,960
67. Johnson Wagner	475	$952,300
68. Jerry Kelly	471	$767,876
69. Sergio Garcia	471	$903,091
70. Pat Perez	468	$850,388
71. Paul Goydos	460	$1,087,356
72. Chris Couch	459	$738,856
73. Jim Furyk	456	$769,757
74. Ben Crane	451	$771,151
75. Michael Bradley	443	$818,895
76. Troy Matteson	439	$761,516
77. Blake Adams	425	$525,966
78. Jeff Overton	415	$717,170
79. Geoff Ogilvy	407	$800,463
80. Scott Verplank	406	$758,178
Also		
114. Tiger Woods	287	$571,363
123. David Hearn	**262**	**$387,108**
124. Stephen Ames	**256**	**$452,972**

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	16	7	4	5	19	14	26
Columbus	16	6	4	6	20	17	24
New York	17	5	3	9	27	21	24
Houston	17	4	6	7	21	22	19
D.C. United	15	4	5	6	21	27	18
Kansas City	15	4	6	5	19	21	17
Chicago	17	2	4	11	18	21	17
New England	17	3	8	6	13	21	15
Toronto	18	2	7	9	16	29	15

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	19	9	2	8	25	15	35
Dallas	17	9	4	4	24	17	31
Seattle	18	8	4	6	23	16	30
Real Salt Lake	15	7	3	5	18	9	26
Colorado	17	5	5	7	19	21	22
San Jose	15	5	5	5	20	17	20
Portland	15	5	7	3	18	26	18
Chivas USA	16	4	7	5	20	21	17
Vancouver	16	2	7	7	16	22	13

Sunday's results
Columbus 4 Colorado 1
New York 1 Chicago 1
Seattle 2 New England 1
Tomorrow's game
All Times Eastern
Vancouver at Toronto, 7:30 p.m.

NASL

Sunday's result
Edmonton 1 Montreal 0
Tomorrow's games
All Times Eastern
Puerto Rico at Montreal, 7:30 p.m.
Tampa Bay at Fort Lauderdale, 7:30 p.m.

FIFA WOMEN'S WORLD CUP

Yesterday's results
At Bochum, Germany
Japan 2 New Zealand 1
At Wolfsburg, Germany
Mexico 1 England 1
Sunday's results
At Berlin
Germany 2 **Canada 1**
At Sinsheim, Germany
France 1 Nigeria 0
Today's games
All Times Eastern
At Leverkusen, Germany
Colombia vs. Sweden, 9 a.m.
At Dresden
U.S. vs. South Korea, 12:15 p.m.

FIFA MEN'S UNDER-17 WORLD CUP

Yesterday's result
At Queretaro, Mexico
Australia 1 Denmark 1
End of Round Robin

SECOND ROUND

ROUND OF 16
Tomorrow's games
All Times Eastern
At Torreon, Mexico
Uzbekistan vs. Australia, 4 p.m.
At Guadalajara, Mexico
Brazil vs. Ecuador, 4 p.m.
At Morelia, Mexico
Congo vs. Uruguay, 7 p.m.
At Monterrey, Mexico
Japan vs. New Zealand, 7 p.m.

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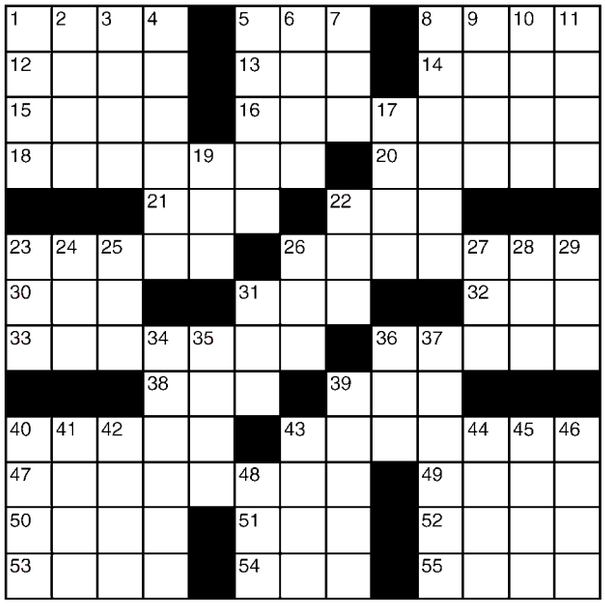
metro
News worth sharing.

Crossword



Across
1 "— have to do"
5 Crone
8 Particular
12 — En-lai
13 Bullring cheer
14 Pianist Peter
15 Time of prosperity
16 1960s quartet member Elliot
18 Speaks unclearly
20 Increases
21 Listening organ
22 Collection
23 Rowling's Potter
26 Souvenir
30 Matterhorn, for one
31 Transmit electronically
32 Lummox
33 Copycat's skill
36 Entire range
38 Bashful
39 Young dog
40 Report card letter
43 Champagne and OJ drinks
47 — Day (May 30)
49 Energetic
50 Paradise
51 Past
52 Franc replacement
53 Zilch
54 Cam-bridge sch.
55 Verve

Down
1 Cold War weapon (Abbr.)
2 Quaker pronoun
3 Weaver's apparatus
4 Wood
5 Bart's dad
6 "Woe is me!"
7 Jewel
8 Spur on
9 Ship-building wood
10 Gaelic
11 Rolling stone's lack?
17 Throat-clearing sound
19 Deposit
22 Gender
23 Stage hog
24 Boxer Muhammad
25 Spinning stat
26 Has permission
27 — de plume
28 Greek cross
29 Frequently, for short
31 Saute
34 1926 song, "When Day —"
35 "Moonstruck" Oscar winner
36 Wrigley product
37 Farthest orbital point
39 Chesley Sullenberger, e.g.
40 Feds
41 Start over
42 Prayer ending
43 Creche trio
44 Satan's purchase
45 Taj Mahal city / 46 Any day now
48 Descartes' conclusio

▶ Yesterday's answer

T	O	G	A		B	I	O		F	A	N	G
E	P	I	C		E	N	D		A	R	I	A
M	A	R	C		E	N	D	O	W	I	N	G
P	H	L	E	G	M		S	U	N	D	A	E
			D	O	O	M		T	E	N		
E	N	D	E	A	V	O	R		D	E	E	R
L	E	A		T	I	R	E	D		S	K	Y
L	E	F	T		E	N	D	O	R	S	E	E
		F	O	P		S	C	O	W			
M	O	O	R	E	D		E	R	A	S	E	R
E	N	D	E	A	R	E	D		N	O	T	E
S	T	I	R		O	V	A		D	U	A	L
S	O	L	O		P	E	R		A	L	L	Y

Sudoku

2			3					
3		5		8	2			6
	9	6	1					
						4	3	
9		1				5		7
	4	7						
					3	8	4	
6			2	9		3		1
					1			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	2	5	1	8	9	4	7	3
9	3	8	2	7	4	1	6	5
7	1	4	6	5	3	2	9	8
8	7	6	4	2	1	5	3	9
1	9	2	5	3	7	8	4	6
5	4	3	8	9	6	7	1	2
2	6	1	3	4	8	9	5	7
3	8	7	9	1	5	6	2	4
4	5	9	7	6	2	3	8	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

John (Sweetie)
My Dearest Sweetheart, in my wildest imaginings I never thought I would meet someone like you. You are everything I always thought a man should be and more. You are the one who is amazing and I adore you for that. Even though we are so far apart you still (to quote your favourite band U2) "Lift my days, and light up my nights" xoxo.
FROM NIKKI

MY WIFE L
Please don't let OUR love die! I can't say why I did the things I did, I don't know why I said the things I said but I beg u don't everrrr wander away Me luv u only u & would die of a broken heart if u ever walk out that door THINK TWICE there is nobody but u baby please believe me!
FROM SOULMATE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 14°	Min 15°	Min 11°
Max 24°	Max 22°	Max 20°

Michele McDougall
Weather Specialist
BT BREAKFAST TELEVISION
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Open up a bit and let others know how you think and how you feel.
♉ Taurus April 21-May 21 Your loyalty is impressive, but what about common sense?
♊ Gemini May 22-June 21 Friends and family will rally round and help you out of a jam.
♋ Cancer June 22-July 22 If someone takes liberties with you today you must hit back.
♌ Leo July 23-Aug.23 Your self-belief will see you through what could be a tricky day.
♍ Virgo Aug. 24- Sept. 22 Don't allow yourself to react to the kind of provocation that most others times would go right over your head.
♎ Libra Sept. 23-Oct. 23 A clash of wills is inevitable over the next 24 hours.
♏ Scorpio Oct. 24-Nov. 22 TYou may be under a bit of stress at the moment but it will bring out the best in you. kick-start your summer.
♐ Sagittarius Nov. 23-Dec. 21 Get things done and, more importantly, get powerful people on your side.
♑ Capricorn Dec. 22-Jan. 20 It would be easy to let your anger get the better of you today – and a huge mistake.
♒ Aquarius Jan. 21-Feb. 18 You are in no mood to sit back and let things happen – you want to reach out and get involved – but you would be wise to listen to what other people tell you.
♓ Pisces Feb. 19-March 20. Someone will question your commitment to a cause — do they have a point? **SALLY BROMPTON**

Caption contest

MARK KEPPLER/ THE ASSOCIATED PRESS

"This bridge's troll is sure making us jump through a lot of hoops." Erin

CARLOS JULIO MARTINEZ/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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CONSUMERS SHOULD READ THE FOLLOWING. All offers include Delivery & Destination ($1,495 for Kizashi/$1,395 for SX4/$1,595 for Grand Vitara models), $100 A/C Excise Tax (where applicable), $20 Tire Tax, $399 Dealer administration Fee. Offers exclude PPSA up to $72 (when financing), applicable taxes, license, registration, insurance and a downpayment of $2,300/$1,900/$2,200. Vehicles may not be exactly as shown. These offers cannot be combined with any other and are subject to change without notice. Dealers may sell for less. See participating dealers for details. *Limited time finance offers available O.A.C. Special bi-weekly purchase finance offers are available on 2011 Kizashi SX iAWD Model SZ27V41 (Selling Price $20,299), 2011 SX4 Hatchback JX iAWD with manual transmission Model HZ8B221 (Selling Price $21,749) and 2011 Grand Vitara JX 4WD automatic transmission Model LZ1B5 (1 (Selling Price $27,299) for a 72 month term. Selling prices include Delivery & Destination ($1,495/$1,395/$1,595), $100 A/C Excise Tax (where applicable), $20 Tire Tax and $399 Dealer Administration Fee and exclude PPSA up to $72 (when financing), applicable taxes, license, registration, insurance and a downpayment of $2,300/$1,900/$2,200. The bi-weekly 72 month payment interest rates are based on 2011 Kizashi SX iAWD @ 0.9%, 2011 SX4 Hatchback JX iAWD @ 0% and 2011 Grand Vitara JX 4WD @ 0% purchase financing, bi-weekly payments are $199/$139/$175 with $2,300/$1,900/$2,200 down payment. Cost of borrowing is $1,631/$0/$0 for a total obligation of $31,840/$21,749/$27,299. Offer valid until June 30, 2011. [1]When properly equipped.

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